

## ABSTRACT OF THE DISCLOSURE

A rotating punching assembly used in combination with a variety of punching bag types. The first embodiment of the invention attaches the rotating punching bag assembly to the top of a standing type of punching bag using common nuts and bolts. The rotating punching assembly has cushioned punching pads that revolve around the standing punching bag when struck. The second embodiment is also attached to the top of a standing punching bag, but is attached with a hook and loop fastener arrangement. The third embodiment pertains to the use of the rotating punching assembly with a hanging punching bag, with the assembly being encircled around the hanging punching bag. All three embodiments are designed to revolve around a punching bag and to improve the speed and coordination of the user.